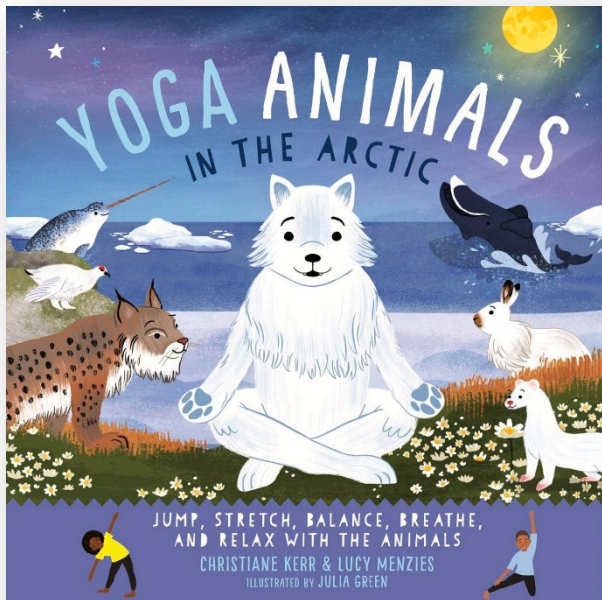


# YOGA ANIMALS IN THE ARCTIC

Christiane Kerr & Lucy Menzies \* Julia Green

Picture Book | 978-1-68464-241-0 | Ages 4+ | Hardcover | 9 x 9 | 32 pp | \$12.99 | LOC: 2021937014

Fox is feeling a little worried. As she goes about her day, she meets different Arctic animals who teach her thirteen de-stressing yoga poses to help her calm down and relax.



- Jump, stretch, balance, breathe, and relax with the animals.
- Simple yoga exercises introduced through a gentle narrative.
- Expert author with years of experience teaching yoga to children.
- Each title in the *Yoga Animals* series features a new set of poses.



# Additional Information

## YOGA ANIMALS Series

IN THE FOREST AT THE SEASHORE ON THE FARM ON THE SAVANNA  
IN THE ARCTIC

Christiane Kerr & Jason Hook or Lucy Menzies \* Julia Green

Picture Book | Ages 4+ | Hardcover | 9 x 9 | 32 pp | \$12.99

Forest ISBN: 978-1-68464-087-4 LOC: 2019952400 | Seashore ISBN: 978-1-68464-169-7 LOC: 2020936360

Farm ISBN: 978-1-68464-239-7 LOC: 2020948964 | Savanna ISBN: 978-1-68464-240-3 LOC: 2021930484

Arctic ISBN 978-1-68464-241-0 LOC: 2021937014



*Over 14 million yoga practitioners nationwide, and the number is growing.*

*Timely focus on health and well-being.*



*Child-friendly art, story, characters, and instructions.*

*Page for parents lists the benefits of each pose.*

*US-based (Idaho) illustrator.*



- **\*Benefits of yoga and mindfulness for children:**

- Shown to improve balance, strength, endurance, and aerobic capacity
- May improve focus, memory, self-esteem, academic performance, and classroom behavior
- Can reduce anxiety and stress

\* Marlynn Wei, MD, JD, Contributing editor, Harvard Health Blog, Harvard Medical School

- **Pair with plush toy animals for display or gift packaging.**

- **For the customer who likes:**

- *I Breathe*

*Susie Brooks \* Cally Johnson-Isaacs \* 67-990-9*

- *Red Red Red*

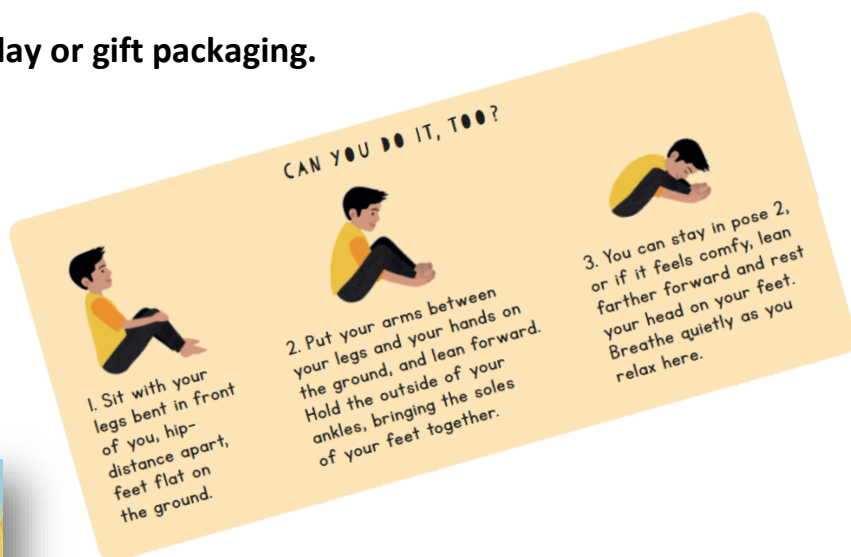
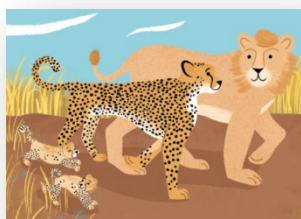
*Polly Dunbar \* 64-026-3*

- *First-Time Feelings series*

*Michael Buxton \* Assorted titles*

- *What if I Know My Feelings?*

*Michelle Nelson-Schmidt \* 67-855-1*



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